



California Yoga Center

CLASSES AND WORKSHOPS IN THE IYENGAR TRADITION SINCE 1980

Yoga for Teens with Vera Popova

Tuesdays 12:00-1:00pm CYC Palo Alto

Four-Week Series starts July 7

Yoga can help teens with increased overall fitness, health and vitality, improved concentration, and a greater sense of peace and well-being. This beginning yoga series will introduce yoga poses, breathing and philosophy. Series fee is \$60.

Vera Popova graduated from the Iyengar Yoga Institute of San Francisco and has been teaching since 2005. Vera is interested in yoga for teens and yoga for scoliosis. Her classes are energetic, thoughtful and give special attention to proper body alignment to help students on and off the yoga mat.

**For more information on this series, other classes and workshops
www.californiayoga.com or 650-947-9642**

**YOGA FOR TEENS AT
CYC PALO ALTO**

541 Cowper Street
Between Hamilton &
University Avenue
Downtown Palo Alto

650-947-9642
www.californiayoga.com

To register for Yoga for Teens please make your check payable to CYC. Mail to or drop off at California Yoga Center, 570 Showers Dr, Ste 5, Mountain View, CA 94040.

Name _____

Address _____

City/state/zip _____

Telephone/e-mail _____